The Creative Homemaking Guide to

Soup & Chowder Recipes

by Rachel Paxton

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Cream of Broccoli Soup

1 can cream of mushroom soup
1 stalk celery, chopped (optional)
3 cloves garlic, minced
1 bunch broccoli, cut into small pieces
3 tbsp. butter
2 tsp. Mrs. Dash seasoning
1 c. onion, finely chopped

Melt butter in large saucepan. Cook onions, garlic, and celery for about 5 minutes. Add broccoli and enough water to barely cover the broccoli. Cook, covered, until the broccoli is tender (15 to 20 minutes). Add cream of mushroom soup and Mrs. Dash and stir until soup is well blended. Heat but do not boil.

Easy Mushroom Soup

2 cans cream of mushroom soup
2 soup cans milk
Sliced mushrooms

Combine all ingredients and heat in a medium saucepan. For variety, add a bit of fresh or dried basil. Serve with fresh bread.

Mushroom & Parsley Soup

1 tbsp. butter
1 1/2 c. mushrooms, sliced
1 tbsp. olive oil
2 1/2 c. water
1 medium onion, chopped
2/3 c. milk
2 cloves garlic, minced
4 tbsp. fresh parsley, chopped
Salt and pepper

In a large saucepan, melt the butter. Cook onion and garlic until soft (about 5 minutes). Add mushrooms and water and bring to a boil. Cook, covered, for about 10 minutes. Remove pan from heat and add milk and parsley.

Split Pea Soup

2 c. green split peas
1 carrot, finely chopped
10 c. water
2 cloves garlic, chopped
2 tbsp. vegetable oil
1 tsp. thyme, chopped
1 onion, chopped
1 tsp. Salt

In a large saucepan, combine split peas and water. Bring to a boil, then reduce heat and simmer, covered, for about 45 minutes. Stir occasionally. In a skillet, heat oil. Cook onion, carrot, garlic, and thyme until carrot is tender. Add vegetables and salt to soup. Simmer for at least 30 more minutes, stirring frequently. Adjust seasonings if necessary. Variation: Ham or sausage can be added with the vegetables.

Corn Chowder

5 slices bacon, diced
1 1/2 c. potatoes, peeled and diced
1 medium onion, thinly sliced
1/2 c. water
1 can cream-style corn
2 c. milk
1 tsp. salt
Pepper
Butter

In a large saucepan, cook bacon until crisp. Remove bacon from pan and set aside. Drain grease, leaving 3 tbsp. in the pan. Add onion slices and cook until lightly browned. Add potatoes and water and cook until potatoes are tender (10 to 15 minutes). Add corn, milk, salt, and pepper. Cook until heated through. Top each serving with bacon and butter.

Clam Chowder

2 cans cream of mushroom soup
4 medium potatoes, peeled and cubed
3 cloves garlic, minced
1 can clams
3 tbsp. butter
2 tsp. Mrs. Dash seasoning
1 small onion, finely chopped

Melt butter in large saucepan. Add onions and garlic and cook for about 5 minutes. Add potatoes and enough water to barely cover the potatoes. Cook, covered, until the potatoes are tender (15 to 20 minutes). Add clams with juice. Cook until clams are heated through (about 5 minutes). Add soup and Mrs. Dash and stir until soup is well blended. Heat but do not boil.

Salmon Chowder

1 can cream of mushroom soup
4 c. potatoes, peeled and cubed
2 cloves garlic, minced
1 can salmon
3 tbsp. butter
1 c. onion, finely chopped
2 carrots, chopped finely
1 c. broccoli, chopped finely
2 tsp. Mrs. Dash seasoning

Melt butter in large saucepan. Add onions, garlic, carrots, and broccoli and saute for about 5 minutes. Add potatoes and enough water to barely cover the potatoes. Stir in salmon with juices. Cook, covered, until the potatoes are tender (15 to 20 minutes). Add cream of mushroom soup and Mrs. Dash and stir until soup is well blended. Heat but do not boil.

Chicken & Rice Soup

1 can cream of mushroom soup
1 (6-oz.) box long-grained rice (try herb and butter)
2 1/2 c. chicken, cooked and diced
2 c. mushrooms, sliced (optional)
1/2 c. onion, diced
1 c. carrot, grated

In a large saucepan, combine all ingredients with 6 c. of water. Simmer, covered, until rice is cooked, approximately 30 minutes. Great with fresh bread.

Easy Taco Soup

Two chicken breasts
4 c. chicken bouillon
1 tbsp. oil
1 large onion, chopped
1 green bell pepper, chopped
1 carrot, peeled and sliced
2 tsp. garlic salt
2 tsp. chili powder
2 tsp. cumin
1 can chopped tomatoes
1 can white kidney beans
1 can yellow corn, drained (optional)
1/3 c. uncooked rice
Cheddar cheese
Tortilla chips

In a large soup pot, make up the bouillon and simmer chicken breasts in it for 10 minutes or until tender. Remove chicken and reserve broth. Over medium heat, add oil to pot and cook onion until soft but not brown (approx. 3 minutes). Add pepper and carrots and cook for another three minutes. Stir in garlic salt, chili powder and cumin, then add tomatoes and reserved broth. Simmer for 15 minutes or until vegetables are tender. Add beans, rice, and corn to soup and cook for another 15 minutes. Just before serving soup, cut chicken breasts into bite-sized pieces and add to the soup.
Cook until heated through. Serve garnished with cheddar cheese and tortilla chips.
(Note: this soup is delicious with or without the chicken chunks. For a more vegetarian meal, simply start with the bouillon and leave chicken out.)

Chili

2 lb. hamburger
2 (16-oz.) cans tomatoes
1 c. green peppers, chopped
1 (6-oz.) can tomato paste
1 c. onion, chopped
1/4 tsp. garlic powder
1 c. celery, chopped
1 1/2 tbsp. chili powder
2 (15-oz.) cans kidney beans
2 tbsp. salt

In a large saucepan, brown hamburger. Add green peppers, onions, and celery and cook until vegetables are almost soft (about 10 minutes). Add remaining ingredients, stir, and simmer for about 2 hours.

Cabbage Soup

1 1/2 lb. hamburger
1 small onion, finely chopped
2 (16-oz.) cans stewed tomatoes
1 small head cabbage, shredded
2 large carrots, sliced
1 package taco seasoning
1 medium can dark red kidney beans
6 c. water

In a skillet, brown hamburger with onion. Combine all ingredients in a large sauce pan. Simmer 1 hour, stirring occasionally.

Beef & Barley Soup

1/2 lb. bottom round steak
2 tbsp. olive oil
2 leeks, chopped
1 onion, chopped
2 turnips, chopped
3 cloves garlic, minced
2 carrots, chopped
1/2 c. barley
2 c. beef broth
1/2 tsp. thyme
1 tbsp. lemon juice
3 tbsp. fresh parsley
Salt and pepper

Cut round steak into bite-size pieces. In a large saucepan, heat olive oil. Add onion and garlic and cook until soft (about 5 minutes). Add carrots, turnips, leeks, and barley. Stir in beef broth, 3 c. of water, thyme, pepper, and salt and increase heat to high. Bring to a boil, and then simmer, covered, for about 30 minutes. Add beef and simmer, covered, until beef is cook through (about 5 minutes). Remove from heat and stir in lemon juice. Sprinkle chopped parsley on top.

Hamburger Soup

1 lb. hamburger
1 (8-oz). can tomato sauce
1 tbsp. soy sauce
1 c. carrots, sliced
1 c. macaroni, cooked and drained
1/4 c. grated Parmesan cheese
1/4 tsp. pepper
1/4 tsp. oregano
1/4 tsp. basil
1/4 tsp. seasoned salt
1 envelope onion soup mix
3 c. boiling water

In a large saucepan, brown hamburger. Add pepper, oregano, basil, seasoned salt, and dry soup mix. Stir in water, tomato sauce, and soy sauce, add carrots. Cover and simmer until carrots are tender, about 15 to 20 minutes.

Sour Cream Potato Soup

2 c. potatoes, diced
1 c. boiling water
1 small onion, chopped finely
1 tsp. salt
1/2 tsp. pepper
2 c. sour cream

Combine all ingredients except sour cream and cook for 15 minutes. Add sour cream and cook until potatoes are tender.

Minestrone

1 lb. stew meat
1 (16-oz.) can tomatoes
6 c. water
1 zucchini, sliced thinly
1 small onion, chopped
2 c. cabbage, chopped
1 c. macaroni, uncooked
2 tbsp. parsley, minced
1/4 c. grated Parmesan cheese
1 (16-oz.) can garbanzo beans, drained
1 tsp. thyme
1 tsp. salt
1/4 tsp. pepper

In a large saucepan, brown stew meat. Add water, onion, salt, thyme, parsley, pepper, and tomatoes. Cover and simmer until meat is tender, about 15 minutes. Add zucchini, beans, cabbage, and macaroni. Cook and simmer until vegetables are tender, about 15 minutes.

Tomato Soup

4 c. milk
1 tbsp. butter
2 tbsp. onion, minced
1/2 tsp. baking soda
1/2 tsp. salt
1 quart or 1 large can tomatoes

In a skillet, cook onion in butter. Add milk, heat to just scalding point but do not boil. Add baking soda, salt, tomatoes, and pepper. Heat again, but do not boil.

Lentil Soup

2 1/2 c. lentils
7 c. water
2 carrots, chopped finely
1 medium onion
1 bay leaf
1 1/2 tsp. salt
1 c. ham or turkey ham, cubed
1 pint or 1 can tomatoes

Cook ham with onion, bay leaf, salt, carrots, and tomatoes until carrots are tender (about 15 minutes). Add lentils and continue cooking until lentils are done (approximately 30 minutes).

Tuna-Cheese Chowder

4 tbsp. butter
1 c. onion, chopped finely
1 1/2 c. potatoes, diced
1 1/4 tsp. salt
1/4 tsp. pepper
1/2 tsp. thyme
2 tbsp. flour
1 (8-oz.) can stewed tomatoes
3 c. milk
1 can tuna, drained
1 c. grated cheese of your choice

Combine 2 tbsp. butter, onion, and potato in a large sauce pan. Cook for 15 minutes, until potato is tender. Stir in salt, pepper, thyme, and flour. Add tomatoes, milk, and tuna. Heat until soup thickens and boils. Stir in cheese and remaining butter.

Cream of Spinach Soup

1/4 c. boiling water
2 c. frozen spinach
1/4 c. onion, finely chopped
4 tbsp. butter
4 tbsp. flour
4 c. milk
1 tsp. salt
Mrs. Dash seasoning

Add water to spinach and let stand until spinach is heated through. Put in blender on medium speed until finely chopped. Cook onion in butter and stir in flour. Cook until bubbly. Add milk, stir until soup is thick. Add spinach, salt, and Mrs. Dash. Let stand about 10 minutes.

Cabbage Rice Soup

2 c. cabbage, shredded
3 c. chicken broth
2 tbsp. butter
1/2 c. brown rice, cooked
1/2 c. grated Parmesan cheese

In a large saucepan, cook cabbage in boiling water for 5 minutes. Drain. Heat chicken broth and add cabbage, rice, and cheese. Requires no additional cooking.

Cowboy Stew

1 medium can red kidney beans
1 medium can tomatoes
1 medium can whole kernel corn
1 lb. hamburger
1 small green pepper
1 small onion
1 tbsp. Worcestershire sauce

Brown hamburger in a skillet with diced onion and green pepper. Place in a large soup pot. Add tomatoes, beans, and corn. Use juice from corn and tomatoes as needed for added moisture. Salt and pepper to taste and simmer until beans are tender.

Cheeseburger Soup

1/2 lb. ground beef
3/4 c. chopped onion
3/4 c. shredded carrots
3/4 c. diced celery
1 tsp. dried basil
1 tsp. dried parsley
4 tbsp. butter
3 c. chicken broth
4 c. potatoes
1/4 c. flour
1 c. cheddar cheese, grated
1 1/2 c. milk
1/4 c. sour cream

Brown beef; drain and set aside. Saute onion, carrots, celery, basil, and parsley in 1 tbsp. butter for about 10 minutes. Add potatoes and beef, bring to a boil. Simmer 10 minutes or until potatoes are tender. In a small skillet, melt remaining butter. Add flour. Cook and stir for 2 minutes. Reduce heat. Add cheese, milk, salt, and pepper. Cook until cheese is melted. Remove from heat, stir in sour cream.

Sausage Bean Chowder

2 lb. link sausage
2 cans (16 oz. each) kidney beans
1 can (1 lb. 13 oz.) tomatoes broken up
1 qt. water
1 large onion chopped
1 bay leaf
1 1/2 tsp. seasoned salt
1/2 tsp. garlic
1/2 tsp. thyme
1/8 tsp. pepper
1 c. diced potatoes
1/2 green pepper, chopped

In a skillet, cook sausage until brown. Pour off fat. In a large kettle or crock pot combine kidney beans, tomatoes, water, onion, bay leaf, salt, thyme, and pepper. Add sausage, simmer for at least an hour. If using crock pot you may simmer all day. The longer this soup cooks the better it is. Add potatoes and green pepper. Cook covered till potatoes are tender. Remove bay leaf.